

MARKETING and MEAL PLANNING

MOST OF THE BEST FOR
YOUR TIME AND MONEY

by

Anna Lee Scott

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Marketing and Meal Planning

WISE buying is one of the foundations of real housekeeping. Until very recently, the young homemaker had to learn about it chiefly in the School of Experience. Today, whilst there is no substitute for actual practice, we can help out by describing something of the qualities, kinds and uses of the more usual food products.

I suggest to you, not that you memorize the information in this little book, but that you make it your own gradually in this way:

When you are going to your butcher's to select a prime roast or a pot-roasting cut of meat—look up in "Marketing and Meal Planning" the cuts advised for this special purpose. Your butcher will be delighted to show you each of them—to let you choose finally on the basis of their type and price.

The same with other products. When you have made out a shopping list, look up its items in this little reference book—have the standards of judging these foods fresh in your mind when you look them over in shop or market.

If you have been buying casually, hopefully, for your household—you will enjoy the new sureness of touch that comes when you know your product—know your qualities and values—and know that you are buying wisely.

and in Planning Meals—

THEN there's meal planning. Really, keen buying and clever planning go hand in hand; it is for your greater convenience that we have grouped the two topics to make this little book a really important member of the "Easy-Way Series."

Every real homemaker, every house-mother, knows today that serving meals to a family means a great deal more than just placing before them dishes so attractive that they will eat them eagerly.

There's more—far more—to it than that!

Good appetite, hearty eating—these do not necessarily mean proper and complete nourishment. Nor do they mean necessarily that health is being built up or properly maintained.

For a sound body—an active mind—enjoyment of life—it is just as necessary that the food eaten every day by each member of the family, shall be well-balanced; that there be enough of the right kind of food daily, to do each kind of work that is required by the normal body.

That is real catering! That is real care for the household's welfare!

And to make it easy for you, I am going to tell you just which foods do each part of the body's work—and give you a very simple way of making sure that, no matter what your budget may be, you are feeding your family wisely.

You will find genuine interest in planning meals this way—and a greater satisfaction in contributing to the family well-being in this "Easy-Way" fashion.

Anna Lee Scott

HOW TO JUDGE MEAT

Beef—Ask for young beef. Look for the porous reddish bones of the young animal. Meat should be a bright red colour when freshly cut, mottled all through with white or creamy (not yellow) fat, with an outer layer of fat. Fine smooth grain, velvety appearance to tender cuts, with no gristle or long fibres; learn how fibres lengthen in parts naturally less tender, which require special cooking method to make them tender.

Lamb—Pinkish red colour, fine-grained firm meat, smooth and velvety; lightly mottled and covered with fat; porous reddish bone.

Veal—Flesh of the calf is very light grayish pink, becoming more pink as older; thin covering of firm fat. Fine-grained velvety texture, no mottling; porous, soft reddish bone.

Pork—Grayish white lean meat when young, deepening to rosy tone in older animal; marbled and covered with white firm fat; firm, fine smooth-grained texture; juicy but not wet.

CUTS TO BUY

Beef—

Steaks for broiling—porterhouse (with tenderloin—"undercut"); sliced tenderloin; sirloin; small wing, T-bone or club steaks.

Oven roasts—tender, prime ribs with bone, or boned and rolled; sirloin; tenderloin; porterhouse; wing; top round of baby beef.

Pot roast, beef à la mode, braised beef—round, rump, chuck, brisket, short ribs, flank (for stuffing).

Stews, meat pies, boiled beef—neck, shoulder, chuck, rump, flank steak, round steak.

Chopped beef—lower round, flank, shoulder, neck.

Soup—neck, shank, also oxtails.

Edible organs—tongue, sweet breads, liver, heart, kidneys, tripe.

Lamb—

Roast—leg, shoulder (preferably boned and rolled), loin (the crown ribs), the rack, though heavier in bone.

Braised—shoulder.

"Boiled" (really simmered)—leg, shoulder, breast.

Stew, ragoût, curry—breast, neck, chuck—or left-over cooked meat.

Chops—loin, ribs; shoulder.

Lamb steaks cut from leg.

Casserole cuts—shoulder, chuck, neck.

Chopped lamb—shoulder, chuck, neck.

Edible organs—tongue, heart, kidneys.

Veal—

Roast—leg, shoulder (may be boned and rolled), "cushion" or fillet or top of leg, loin.

Veal steak or cutlet—top leg, shoulder.

Stuffed roast shoulder—boned shoulder, not rolled.

Stuffed veal breast—roasted or in casserole.

Pot roast—shoulder (gash it and insert strips of fat bacon).

Stew, fricassee—shoulder or breast.

Veal birds, stuffed—leg slices.

Jellied veal—knuckle and stewing cuts.

Chops—ribs, loin; shoulder.

Edible organs—Sweetbread, liver, heart, tongue.

Pork—

Roast—Loin, butt, shoulder, tenderloin, spareribs (stuffed and baked)

Ham—fresh or smoked.

Crown roast—ribs.

Chops—loin, ribs; less tender—butt or shoulder.

Casserole cuts—shoulder chops, shoulder butt.

Ham—

The real ham (hind leg)—buy slice, piece or whole; the shoulder or picnic ham (front leg). Boned picnic roll, whole or part; back bacon sometimes boiled or baked, often baked like ham.

Bacon—

Side bacon—even streaks of fat and lean, alternated. Rind smooth, meat firm.

Back bacon—should have good proportion of fat.

Avoid highly-coloured lean meat.

Buy bacon sliced or in the piece; usually a cent or two more per pound when sliced, but for many purposes, the thin slicing possible by machine is preferable. May be bought packaged, with or without rind, priced accordingly.

FISH

Choose fish with firm flesh, eyes bright, moist and clear, gills red, scales undulled and firmly fixed.

Buy fresh fish for immediate use and keep deeply chilled and close-covered until cooked. Allow about half-pound per serving.

Frozen fillets, under proper circumstances, wholesome and excellent flavour.

POULTRY

Roasting—Chickens up to nine months. Capon—especially plump, tender unsexed male bird.

Broiling or Frying—small, very young chickens—three months outside for broiling, five months outside for frying.

Oven Frying—Use broilers. Young roaster may also be used.

Stewing Fowl—Bird older than nine months.

A young chicken has smooth soft skin, pin feathers, is free from blemish or bruise. Age is indicated by long hairs, skin that is coarse, rough and loose on the neck. In the young bird, the tip of the breast bone is soft and pliable. Choose a bird with plump breast, well-fleshed bones. Cold storage fowl wholesome but less flavourful, especially when long kept; cheaper.

Turkey—just as chicken; feet are black in young bird, grayish when older. Have leg tendons drawn before feet are cut off.

Ducks and Geese—have soft windpipes when young, which harden as necks become longer in older bird.

MILK

Whole Fresh Milk—local requirements regarding amount of cream frequently fixed, from 3.25% up, butter-fat. Children require whole milk. Pasteurization adds to safety.

Cream—sold in bottles as small as one-quarter pint ($\frac{1}{2}$ cup), and as large as one quart. Priced according to butter-fat percentage. Use 8 or 16% cream for coffee, desserts, fruit, etc., and 32 per cent. for whipping. Keep away from foods of strong odour, and very cold (do not freeze).

Skim Milk—wholesome nourishing food, containing the other valuable solids but without the butter-fat.

Buttermilk—similar in value to skim milk; acid content makes it suitable for sour-milk cookery. Wholesome food, refreshing beverage.

Evaporated Milk—in cans, unsweetened. Can be used undiluted or with any proportion of water; equal proportions evaporated milk and water equivalent to standard whole fresh milk in food value. Can be whipped—scald in double boiler, or drop tin into cold water, bring to boil, scald 4 minutes. Chill deeply before attempting to whip. Several cans may be prepared at once and kept indefinitely, ready for whipping.

Condensed Milk—packed in tins similar to evaporated, but—important—it is heavily sweetened.

Powdered Milk—can be bought in both whole-milk and skim-milk form; packed in cans. Combine as directed on label with cold water.

CHEESE

Canadian Cheese can be bought "new" or "old," well-ripened. Flavours for all tastes. Most economical for general cooking.

Cottage Cheese must be fresh, of delicate flavour. Wholesome, nourishing food, easily digested.

White Package Cheese—and those with fancy additions, being mostly cream, must be fresh; judged by odour and flavour.

Foil-wrapped soft Yellow Cheese keeps well if closely-covered; will spread or slice.

Swiss Cheese—in round flat cartons with six or twelve wrapped portions, often very convenient. Also cut from large cheeses.

Wide variety of fancy and imported cheeses.

FATS

Butter—Dairy and creamery butters both judged by flavour, freshness, fragrance and texture (firm, rather waxy, no colour streaks or excess moisture); may be bought salted, or unsalted.

Oils—Vegetable products, purified. Olive oil most expensive (it is imported). Corn and cocoanut-oils mild in flavour—excellent for cooking. Buy and store in 1-5 lb. lots, in a cold place, free of odour.

Solid Fats—Neutral-flavoured, purified hard fats.

I. The commercial shortenings made from:

- (a) Vegetable oils, hardened.
- (b) Vegetable and animal fat.

Prices vary.

II. Lard—an animal fat. Sold in bulk, or packaged.

Note—Clarified dripping is also sold. Buy and store solid fats as the oils.

EGGS

Graded for (a) freshness, (b) size.

There is a government pamphlet free for the asking, describing grading in detail. Write Department of Agriculture, Ottawa.

Storage Eggs—those kept in commercial storage or put down in water-glass or by other successful home methods, perfectly wholesome, though with lessened fine flavour.

CANNED FOODS

Can sizes go by number, and it is therefore necessary to know the size of your can in relation to price in order to judge value.

The can so familiar for most canned vegetables and fruits is No. 2; those larger tins for tomatoes particularly, are No. 2½ and No. 3. No. 1

is the can familiar to you as the container of many canned soups—although some soups come in the larger cans. There is a No. 1½ as an intermediate—and there are both tall and flat cans with the same capacity; both will be familiar to you in the case of salmon which comes in one-pound tall, one-pound flat, and the very common half-pound flat tins.

Those luxury fish—lobster, crabmeat, etc., are packed in both ¼'s and ½'s flat.

Thus, size is always as important as price, in determining the cost of a "can" of any product.

FLOUR

Flour—the product of that world-food, wheat—is one of our most important raw materials. It is the outstanding member of the cereal group—the chief ingredient of our daily bread and of the countless batters and doughs which bring interest as well as nourishment to our meals.

Buy a flour of known quality—one that will be uniform and always dependable.

There are two general types of white flour—a soft wheat flour (pastry flour, cake flour) and a hard wheat flour, which is necessary for yeast baking.

For brown bread you will need whole wheat flour or graham flour—the whole wheat grain, crushed—therefore, the full vitamin, mineral and protein value of the wheat kernel, (as well as the valuable "roughage" from the bran) make these flours important.

Bran has high health value—The husk of the wheat kernel, containing mineral and protein material—not to mention indispensable vitamins and roughage.

Very new—very useful—is the flour that is all ready for shaping into light fluffy tea biscuits as soon as you have added water or milk. Prepared biscuit flour has brought this time-saver and the certainty of always having good biscuits to all Canadian cooks.

Prepared pancake flour is also much valued, and the type is an old acquaintance.

BREAKFAST CEREALS

In our breakfast cereals, we have some of the cheapest of all foods—and the most valuable. They are sold in both bulk and packaged form.

There are raw cereals, including whole grains, which require long cooking. Others which are partially cooked, and require little actual cooking time at our hands. Other cereals are entirely ready for use.

A wide variety—a difference in costs—wholesome food in all cases, easily digested, good team-mates with the ever-valuable milk and with fruit, too, when we desire it. Important therefore not only for the food value and variety they bring to our meals, but also for their possible low cost per serving.

MISCELLANEOUS CEREALS

Macaroni, spaghetti, noodles, vermicelli, etc. (the Italian pastes)—sold in bulk or package. A wheat product, frequently made with egg. Select for creamy colour, and not-too-brittle break.

Rice—most often sold in bulk. Unpolished rice more valuable from the health standpoint. Both used for puddings, cereal, or as potato substitute.

Sago—a granular cereal product for puddings.

Tapioca—cereal product. Sold as “pearl” tapioca or partially cooked, and granulated finely—the “quick-cooking” type.

LEAVENING AGENTS

Baking Powder—Buy a good approved brand. Cheap baking powder can ruin good ingredients. Buy in relatively small amounts. Keep in a dry place, closely covered.

Baking Soda—Used to replace baking powder as leavening agent when acid is present, usually in the form of sour milk, molasses, fruit juice, cream of tartar, etc. Keep in a dry cool place, closely covered.

Cream of Tartar—Used alone in angel cakes; combined with soda by many cooks—practically making baking powder.

Compressed Yeast—Comes protected in foil wrapping; will keep in cold place from one to two weeks.

Dry Yeast—more practical when supplies are distant or irregular.

SUGARS

Granulated sugar varies in fineness. Even medium fine grain preferred for general use.

Pulverized or **fruit sugar** or **powdered** is much finer, dissolves more readily on fruit, etc.

Icing sugar is very fine and has small proportion of starchy material added. Use it altogether for uncooked frostings.

Brown sugar is less refined than white; has characteristic attractive flavour and a slight amount of acid. Choose light or dark, for special purposes.

SALT

Free running salt for table use is fine and has a very minute percentage of starchy material added.

Iodized salt, with minute percentage of iodine, approved by medical authority and by law as a preventive of goitre.

SPICES AND FLAVORINGS

All flavor and pungency of spice depends upon freshness. Ground spices are better bought in small tight packages that preserve the aroma. Buy little and often—and always keep closely covered. Pure extracts which give true flavors, are stronger and so cheaper in the end.

FRUITS

Apples—Our great Canadian fruit. The most desirable varieties may not be the same in different sections, but throughout the greater part of Canada, such all-round good apples for eating and cooking are available as the Northern Spy, Wealthy, Baldwin; with Greenings as another good cooking apple and Snows, McIntosh Reds and Delicious, as fine table fruit. The varieties that are grown closest to your own market will probably be the most economical to buy.

Apples are sold in every way from the single pound to the barrel. They undoubtedly offer the cheapest fruit for the Canadian household—and one which is as healthful as it is attractive. If you use few apples, buy in small quantities. If you use many and have suitable dry cool storage place for them, it will pay to buy in basket, box, or barrel quantity.

Avoid crowding and pressure for the fruit. They should be sorted regularly, and softer or bruised apples put aside for immediate use.

It requires half a dozen average-size cooking apples to make a nine-inch pie or three cups apple sauce.

Bananas—Yellow bananas, red bananas, each kind has its own characteristic flavour, that of the red banana being more luscious to many people,

The more common yellow banana is sold in some places by the dozen, in some by weight.

The banana is at its best for eating when its skin is plentifully mottled with small brown spots; the flavour is mellow, and the fruit more digestible. In buying for immediate use, select fruit that is well speckled; to keep several days, choose the firmer yellower bananas.

Store in a place that is merely cool—not in a refrigerator. If the fruit is to be chilled, let it be done just before serving.

Berries—The most desirable varieties of the different berries vary with different localities.

The fruit will be less crushed in pint boxes, but may be slightly more expensive than in larger measures.

Boxes are now standard size.

Store berries in refrigerator—turning them out of their boxes onto a plate or into a perforated container so that air can get around the fruit. Place fruit in that part of the refrigerator through which the air currents travel last before being drawn up into the ice compartment or the automatic chilling unit for purifying and re-chilling.

One quart of berries is required for one large pie—yielding usually about 3 cups or a little more of the fruit.

Cherries—The so-called “eating” cherries are sold by pound, quart or basket; the sour “cooking varieties,” by quart and basket.

The black, dark red and blush-yellow table cherries are very fine canned, but are more expensive than the Montmorencies and other good canning cherries.

It requires 1 quart of cherries—about three cupfuls—to make one large pie.

Lemons, Oranges, Grapefruit—Citrus fruits keep well and may be purchased in reasonably large quantities; do not buy lemons long enough in advance to dry out or oranges so that they will spoil.

Observe the varieties of fruits sold in your neighborhood—whether they come from the British Colonial tropics, the Mediterranean ports, or the Southern States, etc. Note their varying characteristics.

Buy the size of fruit suitable for your particular purpose. The smaller oranges are often more economical for juice purposes; medium or large oranges are better for serving halved, in sections, or slices.

Colour varies in different types—from highly coloured navel oranges to paler Valencias and some that are russet toned.

Oranges should be firm, but not hard, fully matured when they will have a rich characteristic aroma.

The skin should be readily loosened and it must be remembered that the thickness of the skin affects the price you pay for the actual edible fruit.

Weight is usually an indication of juicy desirable citrus fruit.

Melons—Ripeness indicated by yielding to finger pressure at stem-end of musk melon types; also by rich fragrance. Buy large melons for serving in sections or cutting up—small ones for cutting in half.

Peaches—There are two great peach groups—the clingstone and the freestone types; and in each of these there are two varieties—those with a deep “peach colour” flesh and the variety in which the flesh is very light.

Both types may be canned—small clingstones often having an excellent flavour, whilst the big freestone peach can be especially handsome. The freestones are better for eating purposes.

When peaches are in season and you are buying them by the basket for the table, be sure to examine them without the benefit of red netting—a benefit which is all in the shop-keeper's favour and not in yours. Select fruit of varied ripeness if possible, when you want a supply for several days. Keep them picked over, as blemishes are quick to spread and multiply.

About nine average peaches make one large pie.

Pears—There are two main varieties of pears—the type of which the Bartlett is the leader, a sweet juicy yet firm pear, excellent for the table and for canning; and the small russet-skinned pears such as the Seckel, for canning or spicing, etc. The summer pears have very tender flesh and are as perishable as peaches; they should be bought in the same way for any except canning purposes—in small quantities for the small household.

Winter pears, if properly stored, are much like our winter apples in character.

Pineapples—A tropical fruit, pineapples are shipped before fully ripened. This means that your dealer will probably have them at all stages.

It is only the ripe fruit that has good flavour—to select it, pluck out one of the centre leaves from the top; it will come readily, if the pineapple is ripe. Another evidence is freely given in the rich aroma of the ripe fruit.

A pineapple of medium size will yield about $2\frac{1}{4}$ to $2\frac{1}{2}$ cups shredded fruit or 3 cups diced fruit.

DRIED FRUITS

Raisins—clusters, for table use. For cooking—Sultanas, seedless, seeded. Packages—15 oz., about 3 cups seedless, $3\frac{1}{4}$ cups seeded.

Dates—Pitted, with stones, packaged, bulk. Should be easily separated, fresh and clear looking, clean.

Figs—layer figs for fresh serving. For cooking—pulled figs and the less expensive “cooking” figs.

Currants—should not be dried out; if dry, steam them in wire strainer and dry surface thoroughly before using. Always wash and dry currants.

Apples—dried or evaporated.

Peaches, Apricots, Pears—meaty, good colour, very clean. Graded for size and plumpness.

Prunes—graded for size—from very large fruit, 20 to 30 to the pound, to small fruit running as high as 90 to 100. It usually works out that with pits removed, your prune pulp is cheaper from the small fruit, but more delicious from the large.

All dried fruits should be kept closely covered to prevent drying out.

VEGETABLES

Artichokes—French, green—A good green colour indicates a fresher French artichoke—dullness and a brownish cast mean loss of freshness. A whole artichoke is smarter for serving, so small ones are oftener the better selection; they may be halved, however, or even cut in sections for salad use (cooked, of course).

Jerusalem artichokes are brownish, grow beneath the earth, and resemble potatoes in texture, but with a knobbier shape. Select clean crisp specimens, a pound for each three or four servings.

Asparagus—Fresh asparagus should have a good green colour, with tender stalks and unbroken tips that are the result of early cutting; old asparagus has tips that are ragged and "blossomy," and the stalks would be fibrous and hard; test by breaking a stalk near its end—it should be brittle and without a woody appearance; the little scales should be close-set. Sold by the bunch or pound—the price seldom markedly cheap but varying with local supplies. A pound, about 16 average stalks, makes three good servings.

Canned asparagus always indicates on the label the size of stalk within; grading is done chiefly on size. There is both green and white canned asparagus.

Beets—Always buy beets that have a little of the stem left on so that they will not have "bled." Usually sold in the bunch when in season, or imported or hot house grown, or by measure or basket for stored winter beets. They run about 4 average beets to the pound; allow one good beet for each serving.

Cauliflower—Select white heads, the flowerettes set closely together and free from blemishes. A loose spreading cauliflower is past its prime. Fresh green outer leaves indicate good condition. Always soak the members of the cabbage family in cold salted water for an hour, head down, before cooking, to draw out any insects.

Corn—Fresh corn has many varieties but two main types: Golden or Yellow Bantam, and white corn.

Husks should be green and fresh looking, the silk colourful and unwilted, the kernels full and tender, the cob well filled and free from worms.

Age and the length of time since cutting, are important factors. Buy only young and freshly-cut corn.

Canned corn comes in two packs: the so-called "cream corn," and the kernels that are packed without added moisture (though still moist and tender within).

Celery—Celery is being currently sold, in the larger markets at least, in three ways:

Hearts alone, done up in small bunches—and heads trimmed of their outer stalks, and those that are untrimmed.

It is most economical to buy for your particular purposes. If you require a lot of inner stalks, buy hearts; for use that you can distribute, it is usually more economical to buy the whole head, either trimmed or untrimmed. The hearts, well crisped, for serving plain or stuffed; the main part for stewing or scalloping, etc., the rough outer stalks (and the well-washed tops, incidentally), for seasoning soup, sauce, stewing fowl, or meat, etc. The leaves may be dried as a seasoning.

Cucumbers—Select cucumbers that are medium size, clear shaded green in colour, and regular in shape, as being least likely to be woody or pulpy when cut.

Mushrooms—Know them—if you gather your own! The commercially grown mushroom is increasingly common and becoming lower in price. Freshness is indicated by a good white or creamy inside colour, by a firm moist texture, easily broken—with little elasticity; and freedom from spots. The longer stemmed mushrooms are less choice than those that are mostly cap—but the stems can be cooked a little longer for a made-up dish or will give fine flavour to stock. A pound gives from four to six servings.

Canned mushrooms—usually the small “button” varieties. May be fried or creamed, etc.

Onions—A large family. Chives are grasslike shoots, sold still growing, to be cut as used; most delicate flavouring. Leeks have slender stems and leaves, both used to flavour cooked dishes. Scallions—succulent stems and green leaves, chiefly eaten raw. Sold in small bunches. Onions include the so-called small “green onion,” eaten raw, as a flavouring and in salads. The large white onions, the Bermuda and Spanish varieties, are less strong in flavour than the reddish onion. Pearl onions, “silverskins,” are sold for pickling.

Peas—Pods fresh green and brittle, never yellowing and limber. Peas fully developed and no more—aged peas are hard and flavourless. Pods should be well filled without the over-plumpness which indicates age. Sold by pound or basket, a pound giving about 1 cup shelled peas.

Potatoes—Learn desirable varieties in your district. Cheapest to buy in quantity in the Fall if you have cool dry storage place. Best selection—potatoes clean, medium to large, properly matured, even shaped, few and shallow eyes, free from blemish.

Root Vegetables (other than potatoes)—Carrots, parsnips, turnips are our cheapest and most valuable winter vegetables.

Unless you have proper storage facilities, it is better to buy them in moderate quantities. For the average family, a basketful of roots (mixed perhaps) at a time is practical, if they can be kept in a cool part of the cellar covered with a bit of sacking and sprinkled once a day (lightly, lest they be encouraged to sprout).

In their harvest season the new and freshly-dug roots are sold by the bunch chiefly; as are forced and imported vegetables in winter. These may be more tender and more delicate in flavour, but at a price; proper storing and cooking, with variety to help, will make the cheap stored roots very satisfactory.

Salad Greens—Lettuce—firm and solid heads, without tinge of rust; or young, smallish and tender leaf lettuce.

Endive—the French type—has smooth thick white stalks, close-furled, deepening to green at the ends; they may be separated or quartered for serving. The curly endive or escarole shades from pale to deep green in its loosely held head; the outer leaves may be cooked.

Romaine—long narrow in-curved leaves, to be separated or the head cut in sections.

Cress—bunches should not be too spindly for good appearance, a large part of the value of cress. Peppergrass is small and troublesome to prepare unless clean and fresh looking.

All the salad greens must be fresh; slight moisture and moving air keep them in best condition.

Greens should be cleaned and put to crisp as soon as delivered. Cut core out of iceberg lettuce, run cold water sharply into cavity—and leaves will separate without tearing. Leave only moisture that clings after washing, place in a container with a not-too-close-fitting cover and put in refrigerator or cold place to crisp.

String Beans—Pods brittle, without too definite outline of the beans—which would indicate a maturity opposed to tenderness. "Green" and "golden wax" beans. Sold by pound or berry-box—a pound serving 5 or 6.

Swiss Chard—Used as spinach, but must be young and fresh-cut to be tender and of good flavour. Select clean, unwilted greens, free from roots, yellowed leaves—and consequent extra work in preparation.

Sold by pound or peck—about three pounds to the peck, and three cups (cooked) to the pound.

Spinach—Select for same characteristics as chard.

A finer leaf, spinach "boils down" more, a pound producing only about half as much cooked vegetable.

TO PLAN MEALS WISELY

We have three great groups of foods—those that regulate, those that build tissue and those that supply heat and energy. I describe in this section the principal foods that belong in each group and give you some hints on how to use them.

1. Choose one food at least from each group for each meal.
2. Make very generous use of the foods which are "regulating"—by reason of their vitamins, minerals or laxative qualities.
3. Serve fruit at least once a day—preferably more often.
4. Serve at least two vegetables daily—one of them or an additional vegetable raw whenever possible.
5. Remember the desirable milk quota—a quart a day for each growing child, a pint for each adult—to be taken as a beverage and in cooked foods; milk contains valuable minerals and vitamins.
6. Plan to make all foods attractive in appearance, with pleasant contrasts for the eye and contrasts also in the textures of the foods. Particular attention should be paid to make valuable foods popular in any way it can be done.
7. Plan the meals for several days together, in outline at least—but in any case plan one whole day at a time. Advanced planning helps in getting variety and interest into the meals, and aids economy in buying, and making full use of, food materials including left-overs.
8. In using left-overs, try to allow a day to elapse before bringing the same food back to the table—and it is usually wise to let it re-appear in a different form.

Group I.

FOODS THAT ARE REGULATING

The general idea is that we eat food, and thus supply nourishment to build up and renew our bodies—and to "keep us going," or in other words, to supply energy and heat. But there is another piece of work for our food to do, which is just as important—almost more so! That is—to "regulate the body machine."

It is not a bad idea to think of the body as a machine which, if it is going to work smoothly and well, must be kept well tended, as well as supplied with fuel. To regulate the human machine, then, foods are needed which are gently laxative in a natural way, and which contain minerals and vitamins.

Don't be frightened by words which may be strange or new to you. These are terms which are very easy to understand.

I will tell you which of the commonly-used foods will supply some, or all, of these "regulating" elements; many foods are rich in laxative material, minerals and vitamins. They are:

The fresh fruits and green vegetables and cooked fruits and vegetables (which are only different in that some of them lose a little of their vitamin value in cooking or canning, but retain the greater part of their usefulness to us).

Milk—the only food known to contain six vitamins—absolutely essential; a quart a day if possible for the young child and a pint for an adult.

The cereals—particularly whole grain cereals, ready to serve or requiring cooking. Graham flour, whole wheat, extra bran and wheat germ; yellow cornmeal, unpolished rice, mixed grains including flax seed.

This regulating we speak of is done in these ways:

There is the work which is done by the vitamins, very important in helping the body to make use of all the foods that are eaten, and in helping the foods to do the particular work for which they are especially required.

Minerals have their definite work to do, as, for instance, the calcium on which, along with phosphorus, strong bones and sound teeth largely depend, and iron, so necessary to good red blood; copper also is assuming a prominent place, supplementing iron, and iodine is valued for goitre prevention. So we have to consider our minerals as important builders, too.

Roughage is necessary; it is supplied by the part of vegetables, fruit, whole grain cereals, etc., which is not digested. It remains to do excellent work, in "sweeping out" the stomach, and the narrow passages of the digestive and intestinal tracts. A sort of mechanical job, this—but one which contributes immensely to good health, mental capacity, a general feeling of well being and enjoyment of life.

THE VALUABLE FRUITS

No matter what the season, there are fresh, dried or canned fruits that may be chosen from this list for frequent serving.

Apples—Fresh, whole, diced, in fruit cups, salads. Cooked in desserts, as an accompaniment for rich meats such as pork, goose, etc.; chilled apple sauce, plain or with other fruits, as a first-course appetizer.

Apricots—Fresh in their season. Dried—soak them, stew to tenderness and sweeten to taste: serve plain, with custard, blanc mange or other milk puddings, in fruit cups and compotes, in salads with other fruits, creamed cheese, etc. Either fresh or dried apricots made into conserves, relishes, etc.

Bananas—Fresh, alone or with other fruits as desserts or salads. Baked or fried, with a sweet sauce or as a meat accompaniment. As an ingredient in cakes, fillings, cream pie fillings, made-up desserts.

Blackberries—Fresh, cooked in desserts, combined in sweet salad mixtures. Preserved.

Blueberries—Fresh, with cream or custard. Cooked—in desserts, added to muffin batters, stewed and sweetened for use as a sauce for cottage pudding, etc.; preserved.

Cherries—Fresh (never eaten in conjunction with milk), pitted and used in sweet salads. Cooked in desserts, as a pudding sauce. Preserved. Candied.

Cranberries—Fresh. Minced and sweetened, for use in fruit cocktail. Cooked—as sauce, jelly or frozen frappé, to serve with meats or mould in salads. Cooked, well sweetened, for use in desserts.

Currants—Dried, for adding to batters, doughs, fruit fillings, preserves, etc.

Dates—Uncooked—a most wholesome sweetmeat, plain or stuffed; an easy dessert. Stewed and chilled—a delicious dessert or a breakfast fruit served alone or with prepared cereals and cream. A delicious combination dessert, under a light custard, junket, blanc mange or other milk pudding mixture, chopped and added to cake and muffin batters; to cream pie fillings, custards, etc.; cooked, as a cookie filling.

Figs—Raw, as a dessert (perhaps with nuts shelled at the table); a wholesome sweetmeat, plain or split and stuffed. Stewed and chilled as a dessert served with its syrup, or drained and with cream or custard or in any combination dessert. Added, uncooked, to cake and muffin batters. Stewed, as a cookie filling.

Gooseberries—Sweet varieties, fresh; good in fruit salads (halved). Cooked as dessert; stimulating to appetite in a fruit appetizer. Stewed, cooked in desserts, pie fillings. Preserved.

Grapefruit—Fresh or canned. Fine breakfast fruit. Smart and appetizing as first course at luncheon or dinner course, alone or with other fruits. Incomparable for fruit salad. Alone or combined with sweeter fruits in a "fruit cup"—an excellent dessert. Halved and prepared as oranges. The chilled juice alone or with other fruit juices, for breakfast, for fruit cocktail, punches. Used like orange, for pie filling.

Huckleberries—Same as blueberries.

Lemons—Invaluable juice—used in beverages, salad dressing, seasoning for fish and other foods, in sauces, jellies and other desserts; as a flavouring—perhaps with grated or shaved yellow rind, and to sharpen other fruit sauces; used in preserves, etc. Cut in shapes for garnishing; used in cooking to keep boiled or steamed fish and certain vegetables white.

Melons—Fresh, at all meals; appetizer, salad, dessert. Halved and filled with other fruits or with ices. Diced or cut in balls, for cocktail or salad use.

Oranges—especially rich in vitamins and particularly suitable for young children—orange juice is first food added to infant's milk diet. Serve fresh at any meal: juice, thin slices, sections (all white membrane removed), halved across the sections and the pulp loosened from membranes and rind, core removed. Juice in salad dressings, "meat" in good dinner salad to follow rich meat course or in sweet salad. Juice, pulp and rind cooked in many desserts. Excellent in fruit cocktails, fruit cups, punches. Good garnish for rich fowl or meat—fresh or baked in their skins.

Peaches—Fresh, served alone at any meal, or in combination with any other fruits; sliced, with cream, chilled junket, ice cream, whipped cream. In shortcakes, with light cakes (in shells or freshly put between layers as filling); set in jellies, cream moulds, etc. Cooked or preserved and used in many desserts. Stewed, poached in syrup—as meat accompaniment. In preserves, relishes.

Pears—Fresh, much as apples, peaches. In salads and desserts, as apples, peaches.

Pineapple—Fresh or preserved, as appetizer, salad, dessert; juice or syrup, in beverages, salad dressings. Cooked or canned only, for use in gelatine mixtures.

Plums—Fresh—as dessert, cut up in fruit mixtures for salad, fruit cup, etc. Cooked in desserts; as pie filling; as a sauce with hot puddings. Preserved.

Prunes—The dried fruit is soaked to plumpness, stewed and sweetened as required. Stuffed with piece of fruit such as orange, for hors d'oeuvres; with nuts, fondant, butter icing, as sweetmeat. Stewed prunes, with syrup, cream, chilled custard or light dessert mixtures or set in jellies. Cooked prune fillings for cakes, open tarts. Spiced, in relishes. Stewed, with light sweetening and lemon—as an accompaniment for roast meats, chops; for duck, goose. Tender pulp pressed through sieve for young children.

Raisins—Added to batters, doughs; eaten as they are, perhaps with nutmeats—a good dessert for children's lunch boxes. Added to pudding mixtures. Made into sauce (with lemon or spices) to serve hot with hot puddings—cold, with cold puddings, ice cream, etc. Added to fruit salad mixtures and others such as Waldorf salad. Stewed to thick paste as filling for cakes, cookies, etc. Used as pie filling.

Raspberries—Fresh, an appetizer, in salad or dessert course. Combined with any cold milk pudding; crushed and sweetened, used as pudding or ice cream sauce. Crushed and whole berries as filling for biscuit shortcake or between light-cake layers or spread over cake and topped with whipped cream. Added to batters for light cakes, muffins, before cooking. Cooked. Preserved.

Rhubarb—Stewed and sweetened, as appetizer, dessert or breakfast fruit. Cooked in puddings, pies. Use as a hot or cold pudding sauce. Moulded in lemon jelly as a salad. As conserve, relish.

Strawberries—At all meals, all courses, same as raspberries.

Tangerines—Same as oranges.

Tomatoes—See under Vegetable heading.

EQUALLY VALUABLE VEGETABLES

Artichokes (French, green, grown above ground)—Cooked, hot, with sauce; cold with dressing as salad. Jerusalem (grown underground). Peeled and boiled or steamed; served with cream or other sauce.

Asparagus—Cooked, the water saved for its minerals and used in sauce, jellied forms, gravy, etc. Asparagus served hot, on toast, with melted butter or sauce; as savoury shortcake filling, with rich hot biscuits and a cheese or Hollandaise sauce. Cold, as a simple green salad, or combination salad; set in lime or lemon jelly, or white stock moulded with gelatine, with fowl, sweetbread, or fish.

Beans (Lima)—Cooked: hot, as main course alone or with bacon, or as a substantial vegetable; mashed and used in timbales, croquettes, etc. Cold, with dressing, as nourishing salad—at its best with brown bread or muffins, or whole wheat biscuits.

Beans (String)—Cooked. Hot as vegetable, cold as salad.

Beets—Cooked, hot as vegetable, cold (whole, stuffed, sliced, diced, chopped—plain or jellied) as salad. Effective garnish—may be cut in fancy shapes, small beets carved as “roses”; sliced, shaped with cutters.

Brussels Sprouts—Cooked. Hot as vegetable. Cold as salad.

Cabbage—Raw, finely shredded for salad. Cooked, served hot with butter or sauce, as vegetable. Pickled (sauerkraut: pickled red cabbage).

Carrots—Raw—finely shredded, alone, with shredded cabbage or other vegetables as salad. Cooked in many ways, as vegetable—also served cold, in salad mixtures.

Cauliflower—Cooked. Hot as vegetable, cold in salad mixtures.

Celery—Raw. Plain, with salt. Cut in lengths and "curled" for the hors d'oeuvres dish or salad plate; stuffed, with cheese, fish pastes, etc. Finely cut, for salad mixtures.

Cooked—stewed, scalloped, etc., as hot vegetable. Rather a good substitute for mushrooms when more convenient.

Chard—Cooked. Hot as vegetable. In main-dish combinations with cheese, bacon. Cold—moulded, for salads.

Corn—Cooked. Served with butter; creamed, scalloped, etc.; combined with lima beans, making "succotash." Excellent in various vegetable mixtures, or in combination with creamed salmon or other fish, creamed dried beef, etc. Also given main dish nourishment by combining with eggs in corn custard, timbales, etc. Added to pancake and waffle batters, to plain muffins.

Cress—Raw; as salad green, garnish, sandwich filling.

Cucumbers—Raw—Thinly sliced, soaked in salt and water, marinated—for use in salads, sandwiches, with fish, etc. Cooked—steamed or baked, etc., with sauce, as delicate hot vegetable.

Egg Plant—Cooked—after cutting slices and repiling with salt between and weight on top for an hour. Fried plain, in batter, or coated with fine crumbs; or dipped in melted butter and lemon juice and broiled; scalloped with cheese sauce. Stuffed and baked.

Endives—Raw—Two varieties—curly and plain, excellent salad green.

Kale—Cooked, as cabbage.

Lettuce—Raw; invaluable salad green. Garnish. Cooked when older, or too coarse—creamed, scalloped, etc.

Onions—Raw; juice, scraped pulp, minced, chopped or sliced onions, as flavouring in salads, etc. Very thin slices as sandwich filling.

Cooked, as hot vegetable, flavouring ingredient, etc.

Parsley—Raw, an edible garnish.

Parsnips—Cooked, as hot vegetable. Cold, as ingredient in mixed vegetable salad.

Peas—Cooked, hot as vegetable. In combination dishes. Cold, in salads, moulded mixtures.

Peppers—(Sweet). Raw—chopped, in piquant cocktails, salads, sandwich fillings; stuffed and sliced, for salads. Chopped or cut in strips or shapes—a colorful garnish, red or green.

Cooked, scooped out, parboiled, stuffed and baked. Chopped and added to any savoury made-up dish. Made into relishes.

Potatoes—Cooked: hot as vegetable. Cold, diced, as salad. Useful in many made-up dishes.

Pumpkin—Cooked: in pie filling, desserts.

Radishes—Raw: chopped, sliced or whole in salads. Whole or cut in "radish flowers," for salad plate or hors d'oeuvres dish.

Salsify—Cooked: dropped in acidulated water as peeled to prevent discoloration.

Spinach—Same as Chard.

Squash—Cooked: has additional use as pie filling (like pumpkin).

Sweet Potatoes—Cooked.

Tomatoes—Raw. Superb salad and appetizer material. Tomato juice valued with orange juice for vitamins. Little loss of vitamins in cooking or canning. Juice plain or highly seasoned, an excellent luncheon or dinner appetizer; seasoned, in jelly for salad. Small whole tomatoes, stuffed, included in hors d'oeuvres. Served every way in salads. Sliced and seasoned with dressing, as sandwich filling. Colourful garnish.

Cooked: most versatile as vegetable, sauce, contributor to made-up dishes.

Turnips—Cooked: hot as vegetable.

CEREALS

The hot cereal for breakfast and for the children's supper has high importance. Wheat, oats, etc., have excellent regulating qualities. For real regulating value, the whole grain of the cereal is essential. Bran may be added when desired to finer hot cereals. Crisp prepared cereals for cold serving add valuable variety.

Cereals combine well with fruits, fresh or cooked, thus doubling the regulating quality of the dish. The milk served with cereals adds further in the same way besides contributing major nourishment.

Variety may be introduced into breakfast foods by selecting a different cereal each day. All are favourable—all are wholesome.

MILK

Fresh sweet milk is the most nearly complete food we have. For the very young infant, it is entirely complete. A little later, orange juice or tomato juice is required to round out the baby's diet. And as time goes on, although other foods are added as they become suitable, the quota of milk allowed for each child, each day, should remain at one quart throughout the period of growth. The ideal adult diet requires one pint per person per day.

Very valuable regulating materials remain in the milk after the butter fat (the cream) has been removed. So we include as regulating foods, both skimmed milk and buttermilk.

EGGS

Eggs, so valued for their nourishing character, are also rich in important vitamins and minerals.

Group II.**THE BUILDING FOODS**

When a young child is growing, it is quite obvious that food must supply the new body tissues.

And in the case of the adult, the body is being constantly worn, and new tissues are required to replace the old.

Consequently, it is very important that we have in our daily diet a certain amount of building foods—foods that will make new body tissues.

You may like to remember that these are foods rich in "protein"—but names are not necessary; the great point is to know the foods that belong in the different groups, so as to be sure that each group is practically represented in the diet of the young and old.

Here, in one brief list, are the foods which specialize on the building of tissue.

MILK

Whole milk starts out by being a complete food for the young infant; gradually other foods are added. Throughout the period of growth, every child should have if possible a quart of milk each day—to drink or to eat in made-up dishes. For the adult, one pint of milk a day is considered wise. With advancing age and necessarily lighter diet, the milk quota may well be increased again so that the elderly person may have as much as a quart daily.

Skimmed milk has all the important solids still in it except for butter fat (the cream). It is, therefore, very valuable food. It should not replace whole milk for a child's general consumption, however, because the butter fat is important to growth. Skimmed milk is valuable in cooking. In the all-adult household, the cream may be skimmed from the milk, and used separately, the skimmed milk used in cooking—because their distribution will probably be about even.

Buttermilk is a cooling beverage and a great aid in cooking, ranks about the same as skimmed milk, in food value. Healthful because of bacteria present.

CHEESE

Cheese, made from milk, shares its character. Of course, it is an extremely concentrated food— $1\frac{1}{8}$ inch cube of Canadian cheese having the equivalent energy value of $\frac{5}{8}$ measuring cup of milk, each 100 calories.

Being very definite in flavour, cheese combines well with all the bland foods and with vegetables and fruits.

Canadian cheese, properly ripened, is both good and valuable. Serve it with crackers, toast, etc., cold or hot; and use it widely in cooking—to add to the nourishment of your dishes as well as to their flavour and perhaps to actually put in most of the tissue-building requirement.

Cream cheese, both yellow and white, is increasingly popular. The yellow cheese may be served with crackers, often with added tart jelly, conserve or jam; or it may be used in cooking. All kinds of cheese make excellent sandwiches, those made with the yellow cheeses toasting well. The packaged white cheese and fancy cheeses may contain added cream and are very delicate in flavour. They must be served very fresh.

Cottage cheese can easily be made at home, and offers a fine way to utilize a quantity of sour milk. Its curd is loose, not so concentrated—five tablespoonfuls being required to provide the same calories as the cube of Canadian cheese.

Swiss, Camembert, Roquefort, and the strong cheeses—Stilton, Gorgonzola, Limburger, all have their devotees. The latter are, of course, only for adult use.

Most of the cheeses lend themselves well to various food combinations.

EGGS

Eggs, which we eat in so many ways, so many combinations, are good tissue builders. Never overlook the fact that an egg which is used to thicken a sauce or enrich a cake or bind materials together, does its bit in supplying valuable food just the same.

MEATS, POULTRY

All of our meats and poultry come under the head of tissue builders.

We include beef in any form—fresh, corned, smoked. Lamb and mutton. Pork—with its products, ham, bacon, head cheese, etc. Veal is our fourth familiar meat. Then there are all the “by-products”—liver, kidney, heart, sweetbreads, brains, tripe and tongue.

Poultry includes our most familiar chicken, turkey, duck and goose.

Then there are pigeons (squab) and all the game birds.

FISH

Fresh, smoked and canned fish, including shell fish, are rich in tissue-building protein.

VEGETABLE BUILDERS

Our vegetables as a great class are leaders amongst the regulating foods. It is a small group however, which is rich in the protein that makes them builders. There are the three dried products—beans, peas and lentils. Then there are the nutmeats. That is why we often class these foods as “meat substitutes.”

CEREALS AS BUILDERS

Though not adequate in themselves as building foods, cereals carry varying amounts of a good supplementary type of protein. The “whole grains” score higher, usually, than the refined cereals.

Group III.**THE FUEL FOODS**

The third very important class of foods is the one which chiefly supplies the fuel to run our body machines. We say these foods "produce heat and energy." Though all foods supply fuel, the starches and the sugars (which are known as carbohydrates, if you like the technical name) which bulk largely in the average diet, have this as their chief function. These two are classed together because once they have been eaten, and certain chemical changes take place, they become very much the same thing and do the same work for us.

Fats also produce heat and energy—where much body heat is needed, in the far north, pure fat in the form of blubber, is the food mainstay.

A few starchy or sweet vegetables and the same dried vegetables which are rich in building material, also supply carbohydrates.

THE CEREALS

The cereals, or the starchy foods, include a great many of our most-used food stuffs. There are all the cereals which we think of by that name—including the hot and cold breakfast cereals.

Also, there are rice, tapioca, sago, macaroni, spaghetti, noodles; and any of the products made from these.

Bread! We depend upon it heavily. And because flour is a starchy material and bread is principally flour, it belongs right here.

All our biscuits, scones, buns, cakes, starchy puddings, crackers and all their relatives, belong in this group.

THE SUGARS

Not only sugar itself, but all the sweets belong in this group and are fine fuel foods. The candy, honey, molasses, syrups, dried fruits, preserved fruits, jelly, jam—and many sweet desserts, are largely sugar; in proper proportion, they should be eaten as part of the meal, not as extras.

THE FATS

Good producers of heat and of energy, these fats.

Cream and butter, both rich in "butter fat" are very important to us, on the score of making food delicious and of adding vitamins.

Vegetable fats include salad and cooking oils, peanut butter, olive oil and all the commercial shortenings that are made with vegetable fats.

Animal fats include bacon, the fat of all other meats, lard and commercial shortenings which have animal fat as part or all of their base.

A FEW VEGETABLES

The vegetables which we call starchy and those rich in natural sugar, belong here. They include potatoes, sweet potatoes, corn, and the dried beans, peas and lentils.

THE VITAMINS

Very briefly, I will show you how to check up on the foods which are important, as we know them today, in their vitamin content. We are just including those that are good sources of one or another of the vitamins.

First I will tell you the very important work these vitamins do in our bodies.

Vitamin A is a preventive of malnutrition; also of infections of the eyes, nose and lungs.

Vitamin B is the "appetite" vitamin, it helps in the digestion of all our foods and promotes a healthy stomach and intestinal condition. It is important to growth and development, and good in cases of nerve trouble.

Vitamin C protects against malnutrition, faulty teeth, sallow complexion, lack of energy and scurvy.

Vitamin D—known as "the sunshine vitamin" is a preventive of rickets, that dread disease; helps teeth.

Vitamin E is comparatively rare and offers protection against sterility.

Vitamin G, like A, helps combat malnutrition, is an aid to appetite and growth, and a preventive of pellagra.

Now to sum up important vitamin-rich foods.

Amongst the cereals, whole wheat bread, cornmeal, rolled oats, unpolished rice, rye, bran and whole wheat cereal, are important in A and B, and the germ of wheat is especially rich in B, and is a good source of E.

Fruits of value for their vitamins (A, B and C) are apples, pears, bananas, peaches, pineapple, both fresh and canned and prunes; richer still are lemons, oranges, tomatoes, grapefruit, and fresh pineapple. Raspberries and strawberries are very strong in vitamin C.

Vegetables claim A, B, G in asparagus, dried white beans, kidney beans, and C is well represented too in the green vegetables, roots, cucumbers, white and sweet potatoes, peas, onions—with lettuce, carrots, tomatoes and spinach carrying off the heaviest honours of all.

Milk in every form but skimmed or buttermilk, is very rich in A, rich in B, fresh milk alone has C, good D and G and E is present, too. It is the only food we know to contain all the vitamins. Skim milk and buttermilk have A and B.

Cream has the first three, with emphasis on A, butter is rich in A, cheese has A and B.

Eggs have A, B, D and G to their credit—all contained in the egg yolk, by the way.

In meats, it is the liver, kidney, heart and brains that have most of the vitamins, lean meat claiming only B, E and G in fair amounts.

D, the sunshine vitamin, has not appeared often in this list. That is why it is advisable to include cod liver oil in the diet of all children—and in that of an adult who needs building up. It is very rich in A, equally rich in D.

Yeast is rich in Vitamins B and G.

WHEN ECONOMY IS VITAL

When we are making a real effort to economize and at the same time maintain the health of the family, we must know:

A. Which foods in each class will make our money go farthest.

B. How much of each dollar spent for food, should go into each class of food.

Nutrition authorities have been giving a great deal of study to this part of our present-day food problem, and it is generally agreed that for the average family, this is a wise division of every food dollar:

1. Milk (whole milk for drinking, extra skimmed milk for cooking).....	\$.20
2. Other tissue-building foods (eggs, cheese, peanut butter, dried beans and peas; and meats and fish in lesser amounts).....	.15
3. Vegetables and fruits.....	.25
4. Cereals, breads.....	.25
5. Fats (butter, shortening, lard) and sugar—including syrup, molasses, jam, marmalade, honey—and extras	.15
	\$1.00

You may be somewhat surprised at the balance allowed for these foods, but at average town prices, budgeting the food dollar this way, if the most economical foods in each class are bought, will provide a thoroughly healthful though far from fancy, diet for the family.

Of course, the greater the economy, the more necessity there is for clever and understanding cookery! Only in the hands of a good cook will plain products produce appetizing dishes and helpful variety.

Let us discuss each of these food groups now in a little more detail.

MILK

You will note that in connection with milk, I have advised both whole milk and skimmed milk. The whole milk, with its natural proportion of cream, should be given to children to drink, and so far as possible should be used in made-up dishes for them, because the butter fat in the whole milk is very valuable to the growing child.

Skimmed milk contains the other valuable solids, and so also provides good food, and can be used to much advantage in general cooking. Butter-milk makes a healthful beverage and is good for cooking—and contains about the same value as the skimmed milk.

EGGS, CHEESE, MEAT, ETC.

You must not think that we are providing a very small amount of the food dollar for these food products, because although we have made rather a different group of them here, these foods and milk really do the same work in the body; but because of the importance of milk, we give it a separate place in the budget—all to itself.

During most parts of the year, a given sum of money will buy more tissue-building material if spent in eggs, cheese, nut-butter, and the dry beans and peas, than it will when spent for meat or fish. However, there are the less costly cuts of meat to consider (if the long cooking they usually require does not materially run up fuel cost). Fish costs vary in different communities—in some places fish can be very economical indeed. With more money to spend, more meats, etc., may be included, according to what can be afforded.

Egg prices vary with the season and the community, and when they are not high, eggs are a good buy; apart from serving them alone, they make many dishes possible or more delicious—and of course the food value of an egg is just the same whether the egg is poached or used in a pudding.

Dried beans and peas are cheap and their cost is kept down if long soaking (over night) is used as a means of reducing cooking time (with its fuel cost).

Cheese supplies a lot of nourishment in small bulk and it has the advantage in combining with other inexpensive foods, such as macaroni and other cereals; and it also combines well in dishes with vegetables (of which we allow a large quantity). Cottage cheese is also fine food and belongs in this group.

Peanut butter can be used not only as a spread, but in simple muffins, as a very nutritious shortening in quick breads, and to make icing, help out with vegetable salads, etc.

The cooking methods have a great deal to do with the final economy of your carefully selected meat dishes and so are well worth studying.

VEGETABLES AND FRUITS

Do not let this division of the food dollar seem too generous in the matter of vegetables and fruits. They and milk should be the last things to be cut down in quantity. Of course, if you have a garden of your own or can buy supplies at less than the average price, you will have some of the money allotted for this group to apply to either number two or number five.

Potatoes can be served once a day, but there should be at least one other vegetable, and if possible, two.

In their season, many fresh vegetables are cheap for a time, and practically the year around, we have cheap onions, carrots, parsnips, turnips, cabbage. One raw vegetable daily is a good rule—and besides such things as salad greens, celery, tomatoes, cucumbers, we should keep in mind finely shredded cabbage and carrot.

Tomatoes are classed as both fruit and vegetable. Whatever we call them, they are immensely valuable, particularly because their vitamins are not destroyed during cooking or canning. And since tomatoes are the equal of oranges in providing required vitamins, tomato juice can even replace orange juice for the baby, and it may be canned tomato juice, at that! This is very very important. Save waters in which mild-flavoured vegetables have been cooked, for use in gravy, soup, made-up dishes.

When homegrown fruits are cheap, use them plentifully. At other seasons, you may be able to buy apples to an advantage, particularly if you can store them conveniently, so that you can buy them in large quantity; bananas are excellent food; rely on dried fruits, for a good supply at small cost. Of course, fruits bought cheaply and canned in their season, are very helpful.

CEREALS, BREADS, ETC.

Fortunately, since we can buy so much cereal for our money, we can use a large proportion of it in our diet—so long as the proportion of vegetables and milk are kept up.

Bread or one of the other cereals, or both, may be used at every meal. Be sure to include brown bread generously, as it has added advantages. And, of course, under the general heading of "bread," are included biscuits, muffins, griddle cakes, etc.

Cereal foods for breakfast, supper, and for use in many kinds of dishes suitable to all sorts of meals, include oatmeal, cornmeal, wheat cereals, whole wheat and white flours, spaghetti and macaroni, rice, tapioca, cornstarch, etc. Whole-grain cereals should be emphasized.

Remember that bread a day old is not only more wholesome, but seems to go farther. Also that every crumb of bread or crust, however dry, can be used well by the good cook. So can left-over cooked breakfast cereals.

FATS, SUGARS, EXTRAS

Fats have many uses, but we can cut down pretty well on their amount in the interest of economy, if we must.

Butter is valuable food, particularly for the growing child; and of course it is important to us because it makes other foods (bread, vegetables, etc.) taste better.

The white commercial shortenings (which have practically no flavour) and good lard, can be substituted for butter to a great extent in cooking—even in the making of simple cakes, and certainly for making pastry and for frying. Bacon fat is very valuable for its flavour and is a wholesome and nutritious fat. Pork dripping resembles it. Beef dripping, nicely rendered, has many uses. Mutton fat is too strong for usefulness.

Sugars include not only our common white sugar and brown (which has a little extra value because it contains some little extra mineral), but also any of the syrups and our jams, jellies, marmalades; also honey, molasses; and the natural sugars in fruits, particularly the dried fruits like dates and raisins.

These foods all produce heat and energy in themselves—and we rely greatly upon both fats and sweets to help us make attractive dishes.

WHEN THE BUDGET IS BIGGER

The same general lay-out governs the spending of the food dollar when there are more dollars to spend.

But of course we can begin to add greater variety, and more enjoyment.

To the "frame-work" of foods included for the economy budget, we may, as we can afford it, add such items as these:

Cream—where it will add to the attractiveness of beverages, desserts, etc.

More of the nutritious and wholesome home-baked products, expanding the simple cookies, cakes and pastries of a restricted budget, to take in others more delicious and appealing.

More fresh fruits, fresh vegetables, and salad materials, chosen for their pleasant variety as well as the more solid virtues.

Increased allowances of bacon and ham (usually good values), the inclusion of meat-cuts which cost more, and progressing to the choice cuts for roasting and broiling, and to fowl, etc.

More accessories—added chiefly as stimulants to appetite, or to increase the appreciation of the main dishes.

WHEN THERE ARE CHILDREN

The mother of growing children has more need to know about foods and the work they do, than any other person. The child not only requires the day-to-day "upkeep" for the body which the adult needs, but must grow and develop as well.

"Simplicity" is a first rule in building the child's eating habits. A taste should not be cultivated for strong seasonings, condiments of any kind, for sugar on things that need not be sweetened. The youthful palate which does not know these things, will not crave them.

A quart of milk a day for each child, goes to the making of strong bones and good teeth. Very, very important. Milk builds body tissue, too. Eggs are the next building food in importance for children—simply cooked (soft-cooked, poached, lightly scrambled). Fish that is not fatty, and fowl and meat except pork, may be given in small servings; pork, when it is finally added to the diet of the normal child of about ten, must be well-cooked (as it should be for anyone).

Each day, there should be some fruit juice or fruit cooked until very tender, for the young child. Remember that tomatoes are as valuable as oranges here—and that the cooked or canned tomato juice has not lost its value. If its economy counts, it may be given even to the baby in place of the customary orange juice.

A well-cooked vegetable, green very often, should be given each day, besides potato.

A well-cooked cereal should be given for breakfast daily, and may be used for the child's evening meal. Use different cereals, hot and cold, for variety and interest.

Brown bread and white are fine foods. Wholesome sweets (jam, honey, etc.) turn them into suitable children's desserts. Don't overlook the crusty piece of bread or toast daily, if child is to have good teeth.

Avoid fried foods, rich foods, pastry, etc., in the earlier years.

And returning once more to milk—for the child who does not willingly drink enough, there are the milk soups, creamed dishes, milk puddings, the cereal-with-milk and fruit-with-milk combinations to aid the wise mother in winning her wise way.

WHEN CONSTIPATION ENTERS

The most vital health effort at all times, is that of avoiding constipation.

The right foods and helpful habits will accomplish much more than medicines—and in the natural way.

Here is the foundation fact: When we eat food, most of it is digested by the wonderful body machine, and absorbed—and put to its particular use.

There are certain parts of whole-grain cereals, fruits and vegetables, which remain undigested: "roughage", we may call this material. And it has real work to do.

This roughage acts as a broom, which sweeps out the narrow passages of the intestines, as it passes through them—carrying with it all that should be eliminated, material poisonous to the body, ruinous to health if not got rid of promptly. This same coarse material ("cellulose") stimulates the internal muscles—and in the most easy and natural manner, nature can take its course.

Plenty of fresh water, proper fresh air and exercise, regular habits (a stated time for answering nature's demands, without hurry, and never postponed), will all aid the right foods in keeping the body clean, clear and healthy. Remember what those "right foods" are—whole-grain cereals (aided greatly by additions of bran—and the bran added to a fine cereal like farina, etc., will provide the same benefit); the most efficacious grains, which are combined in some excellent cereals; fresh and cooked fruits and vegetables, so valuable for roughage as well as organic acids which work toward the same end; and in a minor way, honey and molasses are slightly laxative.

WHEN YOU WOULD CHANGE WEIGHT

If you are under weight or are watching the diet of an underweight member of your family, here are things to remember in attempting to improve the condition:

Plenty of rest—relaxation after meals—nine hours' sleep if possible. Plenty of fresh air and a proper amount of exercise—regularly taken.

Then—plenty of wholesome food, but fairly simple, so that it will be readily taken up and used by the body.

Always—great care that constipation is prevented.

And, of course, if the under-weight condition is serious, you should consult your doctor, because it is sometimes a most important symptom of conditions which he should know about and get under control.

As to the actual foods you should eat—these general suggestions will guide you:

Enjoyment of food is the great natural appetizer—and aid to digestion.

Include the fruits and vegetables (green vegetables particularly) that work for healthy conditions.

Bran will also help with regulating, as will whole wheat flour, and mixtures which contain added wheat germ.

Eat normally of easily-digested tissue-building foods including plenty of milk and eggs, and normal amounts of easily digested meats, fish, fowl, etc.

Eat generously the following foods:

Cereal foods—getting in plenty of variety so that they will remain appealing. The members of the bread clan—brown, white, cornmeal and fancy breads, buns, biscuits, crackers, etc. Light pancakes, waffles. Puddings, cakes. Good pastry may be indulged in reasonably by persons of normal digestion.

Soups—all kinds, including cream soups.

Fat makes fat—and so we use plenty of easily digested fat, such as contained in cream, butter, bacon and some meat, in normal proportion; olive oil dressings, nut butters, shortenings as they come in the usual cooked foods.

Sweets—in reason, of course. Plenty of the natural sugars in fruits. Syrups, honey, molasses, jams and other cooked and sweetened fruits, sweetened desserts, wholesome confections in their place.

Normal use of sauces, accessories, etc., is in order.

Light extra nourishment may be taken between meals—milk chiefly, egg nog, the malted milk beverages, etc.—perhaps with a plain cooky.

But—don't overeat! Excess food will not help—it will hinder.

SOMETIMES excess weight is a symptom of serious disorder, so first consult your doctor.

If you decide to "diet"—don't follow some fad that may be too drastic and cause serious trouble. If your doctor does not give you a schedule, you can regulate your own food reasonably—and if you are faithful and strong-minded, with good results. Foundation rules would include:

Eat what you know will be sufficient food, but no more "because it's so good!" Control your appetite.

Choose foods which are bulky (giving the stomach muscles plenty to do, which achieves that "satisfied" feeling) but low in calories. These will include the vegetables, fruits, coarse cereals; and the relatively less-fattening foods of the various types served. Drink lots of water.

Eat generously the foods which are given in our chapter on "Regulating Foods." These are your great aid and stand-by—because they will not only contribute to your good health by aiding the body-machine to function well and regularly, and by supplying minerals and vitamins heavily, but they are bulky, satisfying, and with low fuel value. Read that chapter over carefully with your weight reduction in mind.

Eat reasonable amounts of lean meat; fish; egg (cooked without fat); cheese; use skim milk, buttermilk; these build tissue, but not fat-cells.

Avoid fats, rich foods; cut down starchy and sweet foods.

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